



KEY WORDS:

Katherine Wolf, hope, life challenges, community support, unknown future, personal growth, resilience, ministry

THE LAUNCH MISSION WEEKLY TOPIC SHEET

SUMMARY

In this episode, Katherine Wolf shares her journey from high school to college, the challenges she faced, and the life-altering experience of surviving a massive stroke. She emphasizes the importance of community, faith, and hope in navigating life's uncertainties, particularly for students transitioning to college. Katherine encourages listeners to make proactive decisions about their identity and values as they step into adulthood, reminding them that true hope is anchored in faith rather than outcomes.

ANNOUNCEMENTS

Podcast Episode 83:

Finding Hope with Katherine Wolf

Blog Posts:

- Anchored in Hope
- Choosing Faith Every Day

THINK ABOUT IT!

How can embracing faith and building a supportive community help you navigate life's uncertainties and define your identity as you transition to college?

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Daily Activity Sheet

Monday

Listen to Podcast Episode 83 - Answer the reflection questions provided in the podcast release blog post.

Tuesday

Hope Anchor- Create a list of 3 "Hope Anchors" – people, practices, or Scriptures that help them stay grounded during uncertain times. Discuss why these anchors are meaningful and how you can lean on them in college.

Wednesday

Faith Habit Commitment- Choose one faith-building habit (such as prayer, Bible reading, or journaling) to practice this week. Discuss how making faith a daily choice can give you strength during life transitions.

Thursday

Community Gratitude- Identify one person who has been a strong source of community and support. Consider thanking that person and reflect on how meaningful relationships help you navigate life's transitions.

Friday

Hope in Action- Spend time journaling or praying about how you can turn hope into a daily habit. Reflect on practical ways to trust God and find hidden blessings, even in difficult times.
